

Character and Team building

The participant will learn the fundamentals of sailing and paddling skills. They will learn that sailing will require cooperation, discipline teamwork and leadership. They will at times be outside their own comfort zones and have to make quick decisions to solve certain difficulties. It will bring the best out of the participants.

Student will learn to race sail and develop seamanship skills. During the sailing voyage the participant will learn to navigate and plot the passage by themselves. The participants will learn basic first aid skills while out in the wilderness with a focus on identifying dangers and risk. They will also learn basic C.P.R. and in the use of first aid equipment.

Aims

Intrapersonal: Emotional and Individual

New confidence in oneself

Increased willingness to take risks

Improved self-concept

Enhanced leadership skills

Increased logical reasoning skills

Greater reflective thinking skills

Sense of awareness of surrounding

Interpersonal: Social and Group

Enhanced cooperation

More effective communication skills

Greater trust in others

Increased sharing of decision making